

# CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

GILES S. PORTER, M.D., Director

## Weekly Bulletin

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GUY P. JONES  
EDITOR

## *The Fallacy of Food Fads*

Attacking food fads of virtually all kinds as "harmful to health and purse," Dr. Llewellys F. Barker, Emeritus Professor of Medicine at the Johns Hopkins Medical School, told the Baltimore Dietetic Association recently that the normal human instinct is "a pretty safe guide" to proper diet. The bran faddists, the protein opponents, the vegetarians, the anti-salt group, the raw food sect, the masticators—all were hit by Dr. Barker. He said:

"Although diets vary in virtually all countries, it has been found that in all cultured nations the total of calories and protein is about the same, the average being 2876 calories and 86 grams of protein a day.

It's perfectly all right to keep the bran out of the bread and feed it to the cattle, provided we get the product of the bran back from the cattle in the form of milk.

Persons affected with protein phobia fear meat, but the Eskimos eat virtually nothing but protein in their exclusive meat and fish diet, and they are a healthy race. The vegetarians seem to overlook that to obtain the amount of proteins the human system needs, the gastro-intestinal tract is put under a heavy strain—and there would not be enough vegetables for all of us if we all shunned meats.

The belief that extreme mastication, practiced during the war, saves food, has been found to be without basis."

As for vitamins, he predicted that "soon we'll have a vitamin fad," and expressed the opinion that two

sardines and a tomato at a meal would provide all the vitamins a normal, healthy person needs.

"The raw food faddists," said Dr. Barker, overlook that cooking prevents intestinal parasitism, makes food more attractive and therefore more digestible, transforms starch to make it more likely to be assimilated, and that in eating food raw 50 per cent of the food value is lost.

People who take up various food fads often do feel better for a time, but auto-suggestion explains that," he said. "In the case of normal healthy people the appetite is a fairly safe guide to follow."

### **TYPHOID FEVER AT ISLETON**

Ten cases of typhoid fever occurred in a group of workers employed near Isleton. The water supplies at the place where the employees worked was taken from the river and filtered, but in the places where the employees lived untreated water from Sacramento River was used. Of the ten persons who were taken ill, most of them had returned to their homes in Sacramento, Oakland, Mountain View and San Francisco before signs of illness appeared. The Bureau of Sanitary Engineering, in cooperation with the Division of Epidemiology, made an investigation of sanitary conditions in Isleton and vicinity. An emergency chlorination outfit was installed, in order that safe drinking water might be obtained during the emergency.



**RABIES CONTROL**

(Continued from last issue)

*Transmission:*

While all mammals are subject to rabies, the disease is transmitted and disseminated, in civilized countries, exclusively by dogs. There are fortunately no chronic carriers, even the saliva of the infected dog does not transmit the disease until about the time the animal begins to develop symptoms.

The rabid dog is infective only for a short time—a few days—then it dies. But during this infective stage it is seized with a wanderlust, often going many miles distant from its habitat, biting every animal with which it comes in contact. Nothing happens for weeks and sometimes months, then suddenly without any apparent disturbance in health, man or animal so bitten, develop rabies. Other centers for dissemination are thus established.

*Quarantine:*

Quarantine should be established when and where necessary, never for a period less than six months, to prevent the infection from spreading from an already infected area and also to prevent its introduction into a community from other places where rabies is prevalent. This should be a local, State or National quarantine, rigidly enforced, as the emergency requires. There remains the consideration of the subject of vaccination of dogs against rabies and its value as a means of control.

It is claimed that vaccination of dogs against rabies has been successfully employed in control, in Japan, San Diego, California, and various other places. The length of time that it gives protection has been variably estimated at from ten months to two years. It is of considerable protection to the individual dog receiving the inoculation, but like the muzzle, it is unpopular with the people and difficult to enforce.

It is not 100 per cent perfect. Experience in Detroit for the year 1928 showed that out of 2783 dogs known to have bitten people, 581 had been vaccinated and 2202 had not. Among the 581 which had been vaccinated, three or 0.52 per cent were found to be rabid, while 131 or 5.94 per cent of the 2202 unvaccinated dogs had rabies. These figures suggest that unvaccinated dogs are eleven times more apt to get rabies than vaccinated.

Valee states that "Vaccination by carbolized, etherized and formolized virus, has furnished such proof of its harmlessness, and also of its efficacy, that it would be advisable, if not to make it compulsory, at least to favor the widest possible application of it."

\* Fenzi, Milan at Inter. Vet. Cong.

The American Public Health Association, through its committee, make the following recommendations for the control of rabies:

*Methods of Control:*

## (A) The infected individual and his environment—

1. *Recognition of the disease:* Clinical symptoms, confirmed by the presence of Negri bodies in the brain of an infected animal, or by animal inoculation with material from the brain of such infected animal.
2. *Isolation:* None if patient is under adequate medical supervision, and the immediate attendants are warned of possibility of inoculation by human virus.
3. *Immunization:* Preventive vaccination (Pasteur treatment) after exposure to infection by inoculation.
4. *Quarantine* (remember this is the infected human): None.
5. *Concurrent disinfection* of saliva of patient and articles soiled therewith.
6. *Terminal disinfection:* Thorough cleaning.

(B) *General Measures:*

1. Muzzling of dogs when on public streets, or in places to which the public has access.
2. Detention and examination of dogs suspected of having rabies.
3. Immediate antirabic treatment of people bitten by dogs or by other animals suspected or known to have rabies, unless the animal is proved not to be rabid by subsequent observation or by microscopic examination of the brain and cord.

Much sentiment and little common sense have been employed in the past in the discussion of rabies and dog control.

At the present time there is evidence that many of the people of this community, on account of the daily increase of dog bites and the greater proportion of rabid ones, realize that they were a little too hasty a few years ago, when influenced by sentiment, they triumphantly took the referendum to the people, and won the right for dogs to run the streets at large.

Let us not make the mistake of trying to force drastic control regulations upon the people, but only those that are necessary.

"Of plain, sound sense Life's current coin is made; With that we drive the most substantial trade."

—Young.



As far as the city of Los Angeles is concerned no new ordinance is needed at this time, for we already have an old ordinance that reads something like this:

"That no animal of any description shall be allowed to run loose in the streets, public places, parks, or river bed."

We have a humane Animal Department that stands ready to enforce this provision if given sufficient encouragement in personnel and funds.

Licenses and tags to be carefully enforced and tagged animals returned to owners on the payment of pound costs.

Insistence that dog owners keep their dogs at home.

Professor Yerkes of Yale has set out some interesting steps to indicate how a scientist would go about drafting a new law:

1. Get together the facts surrounding the problem;
2. Study the problem and relate the facts to it;
3. Choose a way by which human beings can best be tempted to regulate themselves in view of the facts;
4. Make tests to see if the solution is sound, later modifying the methods if need be.

### CALIFORNIA GIRL WINS GORGAS ESSAY CONTEST

Miss Helen Dale, a recent graduate from Point Loma Junior-Senior High School in San Diego, California, today was awarded the Charles R. Walgreen Prize of \$500 for the winning essay in the Third Annual Gorgas Memorial Essay Contest.

The presentation was made on the Esplanade of the Pan-American Union by Rear Admiral Cary T. Grayson, President of the Institute. Present during the ceremony was a distinguished company of guests, which included Mr. Charles R. Walgreen, Chicago, Illinois, donor of the award; Dr. Leo S. Rowe, Director General of the Pan-American Union; the committee of national judges; Mrs. Aileen Wrightson, daughter of the late General Gorgas; and several local officials of the Gorgas Memorial Institute.

The subject of this year's contest was "Keeping Fit: The Gorgas Program of Personal Health." High school juniors and seniors in 43 states participated. The Walgreen prize of \$20 was awarded each eligible state winner, and from these papers the winners were selected by a committee of judges composed of Dr. Hugh S. Cumming, Surgeon-General, United States Public Health Service; Dr. William John Cooper, United States Commissioner of Education; and Dr. Franklin H. Martin, Director General of the American College of Surgeons.

In addition to the five one-hundred-dollar bills handed to her by Admiral Grayson, Miss Dale received \$250 for travel allowance to Washington for the presentation. Other prize winners were: 2d National Prize of \$250, Mr. William Francis Bullock, Brandon, Mississippi; 3d National Prize of \$100, Miss Margaret E. Beal, Hamilton, New Jersey; 4th place, Honorable Mention, Miss Helen Ann Anderson, Tracy, Minnesota; and 5th place, Honorable Mention, Miss Marion G. Mead, Danbury, Connecticut.

In stressing the importance of the annual health examination as the most effective way of Keeping Fit, Miss Dale said: "Serious trouble in later years may often be avoided by careful and regular inspection by the family doctor. The wonderful mechanism of our bodies has right to consideration equal that shown our cars, radios and other machinery which are given attentive overhauling."

### WATER COMPLAINTS SETTLED

An unusual experience with complaints was encountered in the water system of the California Water Service Company reaching Concord, Martinez, Crockett and Walnut Creek. The trouble is interesting in that it was due to the fact that for many years a very hard well-supply had been used and this caused thick crusts to form in the pipe lines. About March a very soft supply was substituted, derived from the Lower Sacramento River and treated in the new filtration plant at Clyde. This water carried considerable carbonic acid. The result was the sloughing off of accretions in the pipe, which smelled like the coating in a teakettle, and this led to the complaints mentioned. The remedy was simply to pump a small percentage of well water sufficient to neutralize the carbon dioxide in the river water supply.

Instinct has the same relation to intelligence that vision has to touch.—*H. Bergson.*

### MORBIDITY\*

#### Diphtheria.

48 cases of diphtheria have been reported, as follows: Fresno 2, Los Angeles County 3, Compton 1, Glendale 2, Inglewood 1, Long Beach 1, Los Angeles 13, Pasadena 1, Tujunga 1, Gardena 1, Laguna Beach 1, Riverside County 1, Riverside 3, Sacramento 3, San Bernardino County 2, San Francisco 3, San Joaquin County 1, Santa Clara County 2, Mountain View 1, Tulare County 2, Yuba County 3.

#### Scarlet Fever.

47 cases of scarlet fever have been reported, as follows: Berkeley 1, Oakland 1, Fresno County 2, Los Angeles County 4, Glendale 1, Los Angeles 16, Santa Monica 1, Torrance 1,

\* From reports received on July 13th and 14th for week ending July 11th.



Mono County 1, Grass Valley 1, Orange County 1, San Diego County 1, San Diego 1, San Francisco 5, San Joaquin County 1, San Luis Obispo County 1, Santa Barbara 7, Lindsay 1.

#### Measles.

232 cases of measles have been reported, as follows: Alameda 11, Albany 1, Berkeley 6, Hayward 2, Oakland 8, Contra Costa County 2, El Cerrito 1, Arcata 1, Los Angeles County 9, Azusa 1, Culver City 2, Glendale 15, Huntington Park 1, Inglewood 3, Long Beach 1, Los Angeles 29, Pasadena 3, Santa Monica 8, Whittier 1, South Gate 2, Maywood 1, Tujunga 1, San Rafael 7, Ukiah 2, Monterey County 2, Monterey 2, Orange County 4, Anaheim 1, Santa Ana 1, Laguna Beach 1, Placentia 5, Riverside County 1, Sacramento 23, San Diego County 3, National City 1, San Diego 21, San Francisco 30, San Joaquin County 1, Stockton 2, Santa Barbara County 1, Santa Maria 1, Los Gatos 1, Mountain View 7, Palo Alto 2, San Jose 1, Sonoma County 2, Santa Rosa 1.

#### Smallpox.

12 cases of smallpox have been reported, as follows: Los Angeles County 2, Alhambra 1, Los Angeles 1, South Gate 4, San Bernardino County 1, Tulare County 1, Yolo County 1, Marysville 1.

#### Typhoid Fever.

11 cases of typhoid fever have been reported as follows: Fresno County 1, Imperial County 1, Los Angeles 1, South Pasadena 1, Madera County 1, Merced County 1, Santa Ana 1, Sacramento 1, San Francisco 1, Solano County 1, Modesto 1.

#### Whooping Cough.

168 cases of whooping cough have been reported, as follows:

Berkeley 30, Oakland 13, Contra Costa County 2, Martinez 1, Los Angeles County 10, Glendale 1, Long Beach 3, Los Angeles 23, Monrovia 1, Pasadena 2, San Marino 1, Santa Monica 2, Marin County 1, Ukiah 8, Monterey County 3, Santa Ana 2, Riverside 1, Sacramento 3, San Diego County 2, San Diego 7, San Francisco 13, San Joaquin County 3, Lodi 2, Stockton 5, San Luis Obispo County 1, Paso Robles 6, Santa Barbara 7, Santa Maria 1, Santa Clara County 1, San Jose 2, Santa Rosa 5, Woodland 6.

#### Meningitis (Epidemic).

3 cases of epidemic meningitis have been reported, as follows: Jackson 1, Los Angeles 2.

#### Poliomyelitis.

6 cases of poliomyelitis have been reported, as follows: Oroville 1, Los Angeles 2, Hawthorne 1, San Diego County 1, San Diego 1.

#### Leprosy.

Sacramento reported one case of leprosy.

#### Food Poisoning.

37 cases of food poisoning have been reported, as follows: Los Angeles County 36, San Diego 1.

#### Undulant Fever.

2 cases of undulant fever have been reported, as follows: Long Beach 1, Orange County 1.

#### Septic Sore Throat.

2 cases of septic sore throat have been reported, as follows: Santa Ana 1, San Francisco 1.

### COMMUNICABLE DISEASE REPORTS

Disease	1931				1930			
	Week ending			Reports for week ending July 11 received by July 14	Week ending			Reports for week ending July 12 received by July 15
	June 20	June 27	July 4		June 21	June 28	July 5	
Actinomycosis	0	0	0	0	0	1	0	0
Chickenpox	189	125	92	72	228	116	115	115
Coccidioides Granuloma	0	1	0	0	1	0	0	0
Diphtheria	62	54	53	48	46	57	41	53
Dysentery (Amoebic)	3	1	0	0	0	2	1	1
Dysentery (Bacillary)	4	5	3	1	8	13	5	11
Encephalitis (Epidemic)	0	1	0	0	2	1	0	1
Erysipelas	9	12	7	16	10	16	15	12
Food Poisoning	4	2	22	37	23	1	0	4
German Measles	10	6	4	7	11	4	10	9
Gonococcus Infection	123	156	121	167	112	104	124	124
Influenza	23	12	19	9	18	26	22	19
Jaundice (Epidemic)	0	0	0	0	0	1	2	0
Leprosy	1	0	0	1	0	2	0	1
Malaria	0	3	0	1	0	0	1	0
Measles	559	412	288	232	1,285	1,025	687	552
Meningitis (Epidemic)	3	3	0	3	3	5	2	4
Mumps	149	68	79	68	343	239	169	170
Ophthalmia Neonatorum	2	1	0	1	0	0	0	0
Paratyphoid Fever	3	0	0	1	4	1	3	2
Pellagra	0	0	3	2	1	7	2	2
Pneumonia (Lobar)	24	29	23	29	42	82	23	30
Poliomyelitis	7	3	6	6	52	80	92	99
Rabies (Animal)	21	10	8	10	25	25	16	8
Rocky Mt. Sptd. Fever	0	0	0	0	0	1	1	0
Scarlet Fever	75	74	49	47	85	69	41	50
Smallpox	16	18	9	12	49	43	17	33
Syphilis	148	172	137	134	146	133	118	128
Tetanus	3	1	1	0	2	1	1	1
Trachoma	3	5	0	7	1	3	0	3
Trichinosis	0	0	1	0	0	0	0	2
Tuberculosis	199	234	253	136	233	255	194	165
Tularemia	0	0	1	0	0	0	0	0
Typhoid Fever	8	20	13	11	16	23	12	19
Undulant Fever	0	3	1	2	2	2	3	2
Whooping Cough	174	174	144	168	253	161	141	108
Septic Sore Throat	3	2	1	2	0	0	0	0
Totals	1,825	1,607	1,338	1,230	3,001	2,499	1,858	1,728



The only wealth which will not decay is knowledge.—J. A. Langford.



You can't judge the safety of water by its clear, sparkling appearance.



You can not have unreported and unquarantined cases of contagious disease in your home without endangering your neighbor.

